



The nearest A&E Hospital is located at:

Prince Philip Hospital
Bryngwyn Mawr Dafen Rd
Llanelli, Carmarthenshire, SA14 8QF
01554 756567

Route	Estimated Time	Distance
Via A476	9 min	2.6 miles
Via A476 and B4303	11 min	2.7 miles
Via A484	11 min	2.7 miles

The First Aid Kit is located:

Behind the bar in the Clubhouse

Trained First Aiders include:

All Coaches

Location of nearest Defibrillator:

TBC

On witnessing any accident or emergency, please ensure you complete an accident report form and hand it to a member of the committee.